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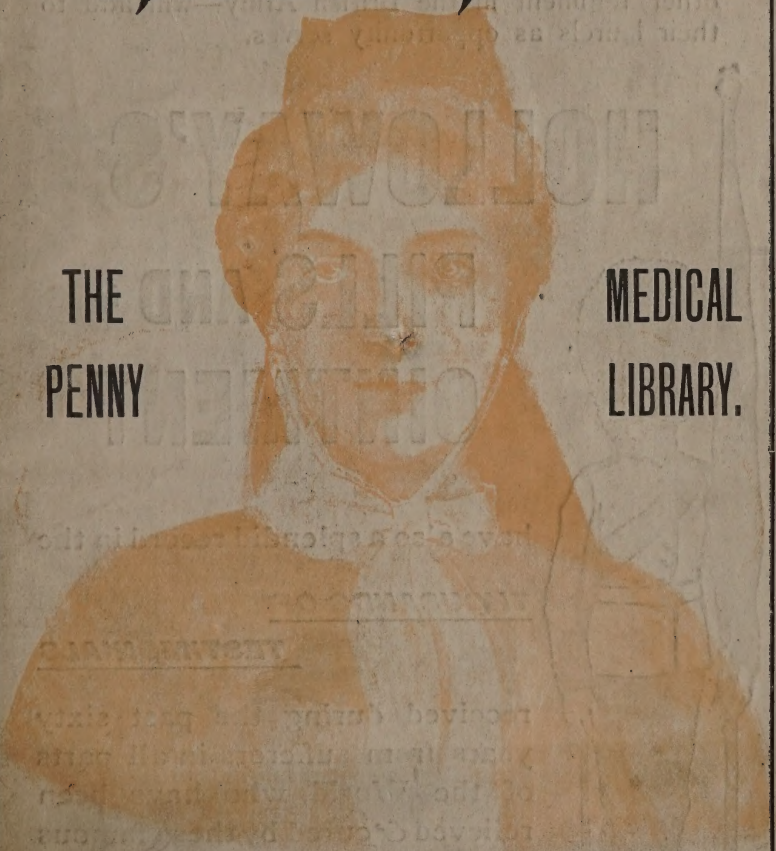

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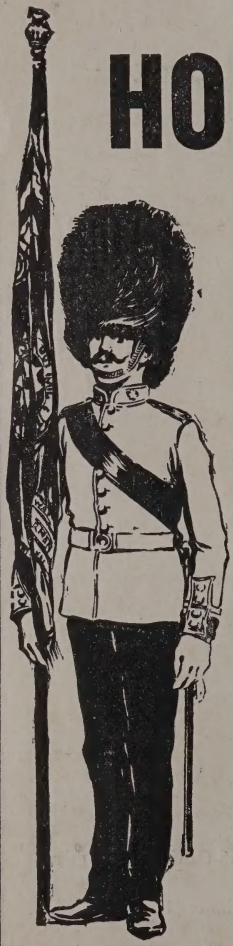

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Influenza:

Its Cause, Cure and Prevention.

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INFLUENZA:

ITS CAUSE, CURE, AND PREVENTION.

PREFACE.

Scientific men have been telling us that this, the new century, will be remarkable for all kinds of discoveries. Let us trust that, amongst these, will be a cure or a preventive of Influenza. Such a discovery would be a far greater blessing to mankind than aerial and submarine navigation or than the certain knowledge that the planets are inhabited. As it is, there is no disease about which so much has been written, nor any disease about which so little of value is known. It comes and it goes, and the Medical Faculty is but little the wiser. This is most tantalising, but the fault does not lie with the doctors. They have done their best to discover the precise cause of the scourge; for hundreds of years, indeed, they have argued and theorised on the matter—and still they are puzzled. No wonder they are becoming disheartened.

Naturally, from what we have said, it will be concluded that the treatment of Influenza is by no means satisfactory. It is not. There are a few drugs which, as a rule, do good, and these will be found mentioned in this Handbook, but many of the very drugs which seemed, on the face of it, best suited to the disease have turned out the greatest failures.

What a sufferer from Influenza has got to do is to keep a good heart, hope for the best, and follow the advice herein given. If he can manage to do these things, and is at all strong, he is almost certain to pull through, for, luckily, though a most distressing disease, Influenza in itself and by itself is a comparatively harmless one.

INFLUENZA

"is the term applied to an infectious febrile disorder of short duration, characterised by catarrh of the respiratory passages and alimentary canal, and ocurring mostly as an epidemic." Such is one medical definition of the word, and it is the best we have come across. The disease is also known as *Epidemic Catarrhal Fever*; indeed, this is its proper scientific name, but it is not much used.

The popular name for Influenza in France is *La Grippe*; in Germany, its popular name is *Blitz*. The three words—Influenza, *La Grippe*, and *Blitz*—go to indicate what a peculiar and mysterious disease we have to deal with, for the word Influenza, which we English have adopted, was the name given to it by the Italians long ago, because, being unable to make head or tail of it when it broke out amongst them, they conveniently attributed it to *the influence* of the stars, much as we ourselves are getting to attribute all diseases to germs; while *La Grippe* is probably derived from the verb *gripper*—that is, *to snatch;* and *Blitz* signifies "lightning cold"—very suggestive names, the last and latter, seeing that the onset of the disease is frequently so remarkably sudden.

Influenza is a disease, too, with a history—and a most bewildering one. Few countries have escaped its ravages. The earliest mention of it goes back to as long ago as 827 A.D., when it is said to have spread like a plague over the whole of Italy. Again, some eleven hundred years since, that great general, Charlemagne, had his army devastated by it when he was returning from Italy. Since those early times, epidemics of Influenza have been more or less frequent, and, unfortunately, they are becoming more frequent as time goes on. At one time, they were thought to occur every hundred years, and, if old statistics be correct, there was some reason for the belief; but during the last few centuries, the outbreaks have been quite numerous in various parts of the world. Sometimes they have extended to this country, but not always. Of recent years, however, this country has invariably suffered along with others, until at last the strange

disease seems bent on becoming an annual scourge amongst us.

We have said that Influenza is a peculiar and mysterious disease. It is indeed; and the more one studies its history—and for the past three centuries its progress and characteristics have been carefully noted and described by scientific men—the more bewildered one becomes. Despite the fact that it has, on and off, afflicted mankind for so many hundreds of years, we can't even tell for certain whence it comes or how it originates. The general belief, however, is that it is endemic—that is, peculiar—to some remote part of Asia, probably Chinese Tartary, and that thence it spreads to Russia and hence to various parts of the world. The Russians themselves are evidently of this opinion, for they call the scourge "Chinese catarrh." On the other hand, because, probably, so little is known of Chinese Tartary, Russia, it may be unjustly, is accused by various nations of actually starting the disease (some authorities say it does), as is instanced by the Germans calling it, besides *Blitz*, the "Russian pest," and we ourselves calling it "Russian Influenza." The fact is, one nation blames it on another (the Italians, by-the-way, call it the "German distemper"—which is unfair), simply because no nation can trace it to its actual source. Wherever it really comes from, it certainly seems to rage in other countries before it comes here. Take the epidemic of 1889-90. This was first observed in Russia, and spread westward over the Continent, and from Central Europe southwards over Italy and Spain, then northwards to England and at length to London. In America and Australia the epidemic appeared later, and travelled over the United States in a westerly direction from the Atlantic seaboard to California. One of the peculiarities of Influenza, by-the-way, is that, as in the epidemic just mentioned, it generally follows a westwardly direction, but it does not always do so. Indeed, it does nothing *always*—which is one great reason why it sets all theories at defiance.

Occasionally, for example, an epidemic of Influenza is limited to a comparatively small area; on the other hand, it frequently invades a large portion of the earth's surface, sometimes in a week or two, and sometimes more slowly. Then, again, it sometimes travels with the wind, and some-

times it travels against it. Heat as well as cold, dryness as well as moisture, seem equally congenial to its progress, as is indicated by the fact that it is met with in the dry air of Upper Egypt, in the moist air of seacoasts, and even on the sea itself. The seasons, moreover, seem to have little influence on it, though certainly most of the epidemics have broken out in winter or autumn; while sometimes it is ushered in by fogs, and sometimes, when it has appeared, the atmosphere has been quite clear. In short, the whole history of this strange disease is full of contrariness, and, after all these years, it upsets all theories and laughs at the doctors. Any medical man who draws a hard-and-fast conclusion regarding it simply shows his own ignorance, for he must argue without sufficient data—or, rather, ignore data which tell against his own theory.

As showing what a puzzling disease we have to deal with, some authorities, even now, are of opinion that, under favourable conditions, whatever these may be, Influenza may break out anywhere. Perhaps this is the reason why it is becoming more common in this country. Our climatic or atmospheric conditions may be getting more congenial to it. At anyrate, it seems clear enough, if history is to be credited, that epidemics of Influenza have broken out simultaniously in places far distant from one another. Indeed, as we write (January, 1901) it is raging in two cities thousands of miles apart, and, apparently, nowhere else—New York and St. Petersburg. But here are some still more striking instances of its eccentricities. On May 2, 1782, Admiral Kempenfeldt's squadron sailed from Spithead (which port was quite free from Influenza) to cruise between Brest and the Lizard. These ships had no communication with the shore, yet on the 29th the crew of one of the ships was attacked with the disease, and soon afterwards so many of the sailors on the other ships suffered likewise that by the second week in June the whole squadron had to return to port. In the meantime, another fleet, under Lord Howe, had sailed, all in perfect health, for the Dutch coast, and towards the end of the month of May the disease appeared in several of his vessels also, although there had been no intercourse with land. Again, on April 3, 1833, a vessel called the Stag, was coming up the Channel, and arrived at 2 o'clock off Berry Head on the

Devonshire coast, all on board being well. The breeze was blowing from the land, and in half-an-hour 50 men were down with the distemper, and, by 2 o'clock the following morning, no fewer than 120. During the same evening, a regiment at Portsmouth was in a perfectly healthy state, but by the next morning so many soldiers were attacked that the garrison duty could not be performed.

Epidemics of Influenza vary greatly in their virulence, and, as a rule, are most severe when they first break out. They generally, too, last in a district from six to ten weeks, and rapidly subside at the close. Also, as a rule, in passing through a country, they do not attack all parts at one time, but more commonly confine themselves at first to the large towns, sparing the small ones and the villages for a time, at anyrate. On the other hand, sometimes even large towns are spared altogether, and, strangely enough, sometimes an epidemic rages on one side of a street and not on the other. Again, though it has often been noticed that the disease sometimes makes a particular mark of towns which are low-lying, damp, and overcrowded, yet occasionally towns in which the best sanitary conditions exist suffer the most severely. Similarly with the rich and the poor. Both classes, all classes, are liable to be attacked. Indeed, in some epidemics, it has been noticed that the wealthier classes—those best able to guard against it, one would think—have suffered most. At the same time, it does not follow that because a man is wealthy, he is strong, or can make himself so—which reminds us that at one time it was thought that the strong suffered more generally than the weak, but we don't believe it. Still, Influenza has often shown that it has no consideration for people in high places. As we write, it has just stricken the American President—one of the very first to be seized by it in the New York epidemic now raging.

Influenza occurs in both men and women with about equal frequency, and it is thought by some that young people are less affected by it than old people. This is another moot point; but in some epidemics the young certainly seem to have almost escaped. One thing, however, is clear enough, and that is that one attack of the disease does not prevent another—rather, indeed, renders another more likely. Many people now living have been attacked no fewer than four or five times.

True Influenza is, as we have seen, essentially an epidemic disease—that is, a disease which attacks many persons at the same time; but there is a spurious Influenza similar in some of its symptoms, but not so virulent, which may break out at any moment here and there. Indeed, many people give the name Influenza to any severe cold accompanied with feverishness; but epidemic Influenza, though, as we have said, varying considerably in its intensity, is a more serious matter. At the same time, be it well noted, even epidemic Influenza is not nearly so dangerous a disease as it is generally thought to be. Simple cases of it—that is, cases not complicated with lung or heart diseases—kill but very few, probably not more than 2 in 100. It is because it attacks so many that it kills so many; but the number it kills is small in proportion to the number it attacks.

Until quite recent years, Influenza was universally thought to be neither infectious nor contagious — that is, it was supposed that people could not transmit it to one another either by breath or by contact; and some are of this opinion even now. Dr. Parsons, however, in an exhaustive report to the Local Government Board on the Epidemic of 1889-90, proved pretty conclusively, after very careful observations, that the disease is a catching one. Still, it attacks too many people at one and the same time (for instance, 40,000 were stricken down in one night in St. Petersburg in 1782) to be mainly circulated from one person to another either by infection or contagion, or by both together; but the former, at anyrate, doubtless helps it on. Hence the advisableness of taking the usual precautionary measures. The

SYMPTOMS

of Influenza vary greatly in their severity; also, the disease appears in various forms, and certain symptoms may be more prominent in one case than in another. Then, again, an attack may come on with lightning speed, or a person may feel slightly out of sorts for a day or two before being attacked. Most of the symptoms are very much like those of a severe cold. The sufferer may at first complain of a chilly, shivering sensation down the back, and this may be accompanied with giddiness, pain in the head, chest, and extremities, watery eyes, dryness of the skin and of the nostrils, sore-

ness of the throat, sneezing, oppression of breathing, and a dry, hard cough. Such symptoms are common to a cold, but if you add to them a sudden, rapid, and extraordinary prostration of strength—a prostration which sometimes causes the sufferer's legs to give way under him—a great depression of spirits, and an immediate, and sometimes considerable, rise in the temperature or heat of the body, then you have genuine Influenza. As the disease advances, the headache generally gets worse, and the cough, though softer, more frequent, while the nose runs, and the throat becomes sorer than ever; and though the skin soon regains its usual moisture, it sometimes remains so tender as to give great pain on the slightest touch. Other symptoms are loss of appetite, nausea, and restlessness at night—this last, in a measure, because the pains are worse then. The tongue is usually covered with a white, creamy fur, while the bowels are generally confined. Occasionally, however, there is diarrhœa, and occasionally, also, hot and cold stages, as in ague. The prostration of strength is throughout the most marked and distressing feature of the complaint—more distressing, even, than the dull, aching pains in the chest, back, and limbs. The pulse is never much quicker than usual—a peculiarity; nor is there ever much expectoration.

An attack of Influenza—which, by-the-way, subsides with free perspiration or, it may be, diarrhœa—lasts from three to five days in the milder cases, and from seven to ten days in the more severe; but it almost always, especially in the old or debilitated, leaves great weakness and depression, loss of appetite, and a troublesome cough. Also, the bodily pains present during the disease are liable to develop into rheumatic affections of an obstinate character; while, in case of a relapse, pneumonia, pleurisy, and other dangerous ailments, are apt to be complicated with it. Hence the great reason for taking especial care of one's self after an attack. As Dr. Dawson Williams well says, "*There is, probably, no one circumstance which would tend so much to diminish the mortality from Influenza as attention to the rule which has been formulated by some*—48 *hours in bed after the temperature has become normal.*" Those words should be printed in letters of gold; as it is, we print them in italics. The

ACTUAL CAUSE

of Influenza is, as we have said, unknown. We have seen that originally the disease was attributed to starry influences; later on, volcanic disturbances were thought to be the cause of it. Later still, it was held to be due to the miasma, or poison, given off by marshy and swampy districts. A favourite theory now is that it is set up by an excess of ozone, or atmospheric oxygen—the substance which we *smell*, and which gives so many people a cough and a headache, at the seaside, during a thunderstorm, or when standing near an electrical machine. The most favourite theory, however, at present, especially with those who believe that germs are the *direct* cause of all diseases, is that the specific poison is not a mere chemical one, but a *living* one—some invisible organism which multiplies both in the system and the air once it gets into them. In the first case, the disease would not be catching from others; in the second case, it *would* be catching. In the present writer's opinion, some condition of the atmosphere—perhaps the over-electrified condition—*breeds* the germ poison, but that does not make the said poison the *primary* cause of the disease. The germ simply transmits the specific poison, much as a bluebottle taints meat. Again, if the precise poison be a chemical one, might there not be *air waves* of it? If so, this would account for certain of the eccentricities of Influenza—for instance, its leaving untouched certain districts while ravaging others adjacent, and its breaking out suddenly in certain places both on land and sea.

PREDISPOSING CAUSES.

These, amongst others, are a low condition of the system, advanced age, exposure to cold, and the menstrual period in women. People, too, suffering from chronic lung and heart diseases are very liable to be attacked by the ailment, but strangely enough, the presence of any acute disease is thought to afford protection. It has been noticed that these latter prevail extensively at the same time as Influenza — which accounts, in a great measure, for the death-rate being so high during an epidemic. Influenza is bad enough, but it is blamed for more than it deserves.

TREATMENT

of Influenza, at the onset, is very similar to that of a severe cold—that is, simple cases of the ailment are; and here we must say at once that in badly-complicated cases — cases accompanied with serious lung affections — a doctor should be called in. Inflammation of the lungs, for instance, is too dangerous a disease for home treatment. On the other hand, ordinary cases can very well be treated, especially if taken at once, without the aid of a medical man, for the sufficient reason, unfortunately, that all drugging in such cases is a sheer experiment. The best, the most, that can be done by anyone is to help on the ailment in its natural course—and this is a comparatively simple matter.

The great point is to lie up on the slightest symptoms of an attack. When you suddenly feel pains in the small of the back and behind the knees, general weakness, severe headache, and great depression, together with more or less feverishness, you may be pretty sure that Influenza has seized you, and then is the time to act promptly. To attempt to defy the disease, when once it has got hold of you, is only to make matters worse. As well might you pit yourself against a giant. Therefore, be wise, and make the best of a bad job. Take a warm bath, if you can—if not, sponge yourself all over with warm water—dry yourself briskly with a coarse towel while standing with your feet in hot mustard-and-water, and then get into bed. Of course, if you are too weak to do these things yourself, you must get someone to do them for you.

Your bedroom should be moderately warm, and should be kept so, and, when you have got into bed, take a mild purgative, for doubtless your bowels and digestive organs have been thrown more or less out of order. As your liver, amongst the other organs, has probably suffered, no purgative is so appropriate as the Calomel Pill *(which see)*; but if this does not act sufficiently (it generally does), you may help it on by a dose or two of the Epsom Salt and Magnesia Mixture *(which see)*. At the same time, bear in mind that violent purging is to be avoided. Nothing must be done to lower the vital powers — they are too depressed already—but everything must be done to keep them up. Having taken the Calomel Pill, now sip

a basinful of very thin lukewarm gruel containing the juice of a couple of lemons, for very likely you will be thirsty; or, if you prefer it, you may have some cold beef-tea or some iced milk-and-soda-water, or diluted raspberry vinegar, or cream-of-tartar water, or barley-water with lemon-juice. The more you drink the better, even if it be cold water only, for, by drinking, perspiration will be promoted, and so the fever kept down. Only, be sure the drinks are never more than lukewarm. The best doctors are dead against hot drinks in Influenza. They say they only accentuate some of the symptoms — the headache and languor especially. Finally, rub one of the Embrocations (*which see*) well into your chest, whether you have chest pains or not; and then try to go to sleep.

In Influenza, sometimes one symptom, and sometimes another, is the most prominent. If, the next day, the headache is the most pronounced symptom, probably Antipyrin (*which see*) will be the best remedy to allay it. If the fever is very high, Acetate of Ammonia (*which see*) will perhaps be found the most effectual remedy. If the air-passages are much affected, and there is difficulty in getting the phlegm up, then try the Effervescing Mixture (*which see*). This is also good for the sickness, if this symptom be present, as it most probably will. If pains are a chief symptom, Bicarbonate of Potash (*which see*) should be tried. One and all of these drugs are diaphoretics or perspiration-producers; so that, whichever be taken, the fever will be more or less allayed. We have confined ourselves in this place to comparatively simple remedies—and simple remedies are generally the best —but more complicated ones are given under the head Remedies and Prescriptions. For the pains, by-the-way, another excellent remedy is the Iodide of Potash and Columba Mixture (*which see*); but, in the early stage, it is not so appropriate as the Bicarbonate of Potash. As an outward remedy for the pains, nothing, perhaps, is so effective as the Capsicum Infusion (*which see*), but an infusion of poppy-heads or of chamomile flowers is also very useful. The advantage of using an external preparation for the pains is that any internal preparation which may be necessary is not interfered with. The same remark applies to the Embrocations mentioned in this Handbook, and very often, in both the pains

and the cough, local remedies are quite as effective, in ordinary cases, as stomach ones. For the same reasons, Inhalations (*which see*) are of especial service. These should not be neglected if there is even only the slightest cough. Sometimes the chest is so clogged that an emetic is necessary, and the best emetic is certainly a large dose of Ipecacuanha Wine. After the vomiting, one of the Inhalations should be used to prevent as much as possible a re-accumulation of phlegm. The most laborious breathing, however, may often be relieved by means of the Ipecacuanha, Squill, and Nitre Mixture (*which see*).

If the chest symptoms are very severe, a linseed-and-mustard poultice should be applied front and back, and be changed every few hours; and, instead of any of the Inhalations we have given, friar's balsam, terebene, or pinol may be used as an auxiliary—from 10 to 20 drops in a pint of hot water. It will be best to send for a doctor—at anyrate, more satisfactory—if these measures do not give ease. Some doctors recommend the painting of the chest and back with iodine liniment, but this is apt to raise blisters and to set up an irritation which adds to the weakness of the sufferer. The *tincture* of iodine is, however, milder, and if an equal quantity of this be mixed with the liniment, a convenient strength will be obtained. It should be painted on. Or iodine *ointment* may be rubbed into the parts. But try the linseed-and-mustard poultice and the Inhalations first.

When there is much restlessness, Bromide of Soda (*which see*) may be necessary, for of course the sufferer must have sleep. A good sleep will give him more strength than any tonic. The Soda itself, too, is, of course, very soothing to the nerves, and is quite harmless. Frequent sponging the body with cold water will also produce sleep, as well as allay the fever. Hot water, on the other hand, sponged on the face, temples, and neck, will often relieve the headache. Indeed, if the present writer ever has Influenza (he has escaped as yet) he will treat himself by means of water mainly. He would sponge himself with warm water two or three times a day, and drink—or rather, sip—plentifully of cold water. This, with friction, and a footbath of mustard-and-water twice daily, would be all. It is not such a drastic treatment as that practised with success in hydropathic

establishments, but the present writer believes it would suffice. Of course he would remain in bed in a moderately-warm room—which reminds us that great care should be taken that an Influenza sufferer is protected from draughts and chills. For one thing, be sure not to let the fire go down.

Quite as important as the treatment of an acute attack of Influenza is the treatment afterwards, for there is always great danger of a relapse, and, even in mild cases, of complications setting in. The convalescent is always left more or less weak—generally more—after the fever is gone. Hence a change of air is advisable, and a tonic is necessary. One of the best, in ordinary cases, is that which we call "An Excellent Tonic" (*which see*). The Compound Tincture of Cinchona Tonic (*which see*) is also an excellent nerve-bracer. If a tonic in the form of a pill is preferred, by all means try the Strengthening Pill (*which see*). If the attack has set up heart-weakness, as is often the case, a mixture consisting of 2 drachms of Digitalis, 2 drachms of Tincture of the Perchloride of Iron, and 5½ ozs. of water is t e best remedy—1 tablespoonful in water thrice a day before meals. For the cough that so often remains, the Chlorodyne, Squill, and Ipecacuanha Wine Mixture (*which see*) is most useful, as is also the Cubebs and Linseed Tea Mixture (*which see*).

As regards DIET, it should be light but nourishing—soups, tapioca puddings, and the like—during an attack; and, when the fever is gone, any nourishing food may be taken that can be readily digested. Probably, while the fever is on, the sufferer will not desire much food, so he should have plenty of strong cold beef-tea as well as cold milk. The "Delicious Drink" (*which see*) would also help to keep up his stamina. Another capital drink, by-the-way, though not of the nourishing kind, but good for the lungs and the fever, is citric-acid-and-water flavoured with sugar.

As regards stimulants, they are not needed in the early stage unless there is great weakness or depression. If there is, then a little sherry, hock, or brandy may be mixed with the beef-tea and other drinks. A fashionable mode of treating an attack of Influenza is by means of largish quantities of champagne and brandy, but it is a mistake. Hock, champagne, and port wine may, however, be taken in judicious quantities

after an attack. Indeed, anything and everything may then be taken which the convalescent feels does him good.

In the case of CHILDREN stricken with Influenza, it is always much better to call in a medical man, as then, in case of anything serious happening, you will not be so likely to upbraid yourself. We, however, give some useful prescriptions especially suited to them. As a rule, the treatment of the little ones should begin with an injection of warm water containing a little castor oil.

For further treatment as well as hints, see REMEDIES AND PRESCRIPTIONS and HOW TO PREVENT INFLUENZA.

HOW TO PREVENT INFLUENZA.

IN the first place, one of the best ways of preventing Influenza is to keep your mind easy instead of imagining, like so many do, that you are going to fall a victim to the disease. Remember the old story of Death and the Cholera. Death—in his bones, of course—met Cholera one day, and congratulated him on killing so many people. Cholera, evidently, was unwilling to take praise when he did not deserve it, for his answer was, "You are mistaken. I myself killed a few only. *Fear killed the rest.*" And listen to what a doctor wrote on this matter some years ago, during an epidemic of Influenza, in that very excellent medical paper, the *Hospital*:—

> "There is no better established fact in the whole history of epidemics than this, that the man or the woman of pluck and energy is the last to take the prevalent disease, and the surest to get safely through it if he does take it. The power of mind and will over the physical organism is immense. This is illustrated in a thousand ways—on the battle-field, in the desert, in the malarious African swamps, at sea, in fever dens at home, and in a hundred other places. It is universally believed, both by medical men and the public, that fear is one of the most potent factors in every dangerous epidemic. It is easy to understand why this should be so. Fear worries the nervous system. But whatever worries the nervous system diminishes the appetite, impairs the digestion, and disturbs the sleep. All these conditions are injurious to health, and in the same proportion conducive to the acquirement of external diseased poisons."

The next great point is to keep up the strength by means of good food—food that is wholesome and digestible. At the

same time, be sure not to over-eat, or you will defeat your object. Too much food is as injurious as too little. Remember, it is only the food that we *digest* which gives us nourishment. If we eat more than the body requires or can assimilate, then what is over goes to pave the way for various forms of disease.

Over-eating, indeed, according to that eminent physician, Sir Henry Thompson, is even a greater evil than inordinate drinking; yet, unfortunately, we are all apt to take too much food — too much flesh meat especially. Not very long ago, Dr. Boyd declared, in the *British Medical Journal*, that "all classes of society are poisoned with too great an amount of animal food;" while Sir Henry Thompson, already quoted, promises us "better health, longer life, and a heavier purse" if we eat less, and "make light articles of diet, such as fish, eggs, milk, vegetables, and fruit, take the place to a large extent of butcher's meat." Flesh is a very highly concentrated form of food, and, therefore, should not be partaken of oftener than twice a day by anyone, and then always with plenty of bread or vegetables, for the stomach needs *bulk* as well as quality.

Another great error in respect to food which is very prevalent—and just at the time, too, when Influenza is most apt to pay its dread visits — is the neglecting to take a sufficiently *heat-forming* diet in cold weather. Yet, as Sir Benjamin Richardson points out, "cold weather should be met by such foods"—bread, sugar, cocoa, butter, milk, oatmeal, porridge, puddings, maize flour, potatoes, for instance, and above all, meat, fat, and oil. This last has a wonderful protective power against cold and chill—which is why codliver oil in winter is so valuable. But many people can't take codliver oil, not even when mixed with other substances. The very thought of it turns their stomachs. Such people should try olive oil. Olive oil on dry toast is delicious—that is, the delicate, transparent brand, not the thick, dark yellow, strong-smelling variety. Glycerine, too, being extracted from fatty substances, is very warming; and equal quantities of this and olive oil form a mixture which, when thoroughly shaken together, can be digested by almost anyone. *Dose:* a tablespoonful after meals. Old and young,

if subject to colds, should try this remedy, and they would also do well to occasionally rub some olive oil into their chests.

As regards clothing, this, too, is a very important matter, and it is also one in respect to which many errors are made. One common error is the not clothing the body *evenly*, so causing it to be too warm in some parts and not warm enough in other parts. Women especially are apt to fall into this error as regards their shoulders and nether limbs—and half the diseases from which they suffer are the consequences. Then, again, many people will persist in wearing cotton or linen undergarments, even in cold weather, whereas such undergarments ought to be of wool. Why? Because wool is a bad conductor of heat, while cotton and linen (and, in a less degree, flannelette) are good ones. This means that cotton and linen readily allow the heat of the body to pass through them, but that wool doesn't. Hence people who wear cotton or linen next the skin are always very liable to a chill on a sudden change of temperature—and a chill may lead to Influenza and many other ailments. Perhaps we have not made ourselves quite clear. Understand, then, that the heat of the body is produced by the body itself. All that clothes do is to prevent, more or less, this heat from evaporating. In other words, clothes give us warmth, not by keeping the cold *out*, but by keeping the heat *in*. It is for this reason that woollen underwear is so advisable. In a changeable climate like ours, it ought to be always worn—more or less thick according to the season. If it cannot be tolerated next the skin, then let it be worn over silk or thin linen. And one of the primary secrets of health is the keeping of the feet warm. A chill to the feet will go all over the system. Therefore wear thick boots and stockings in winter.

As a preventive against Influenza and all other ailments, cold sponging is also most valuable. It not only braces the skin pores and so keeps them in active condition, but stimulates the blood circulation, as well as gives tone to the nervous system. Only those who have practised it can imagine the light and buoyant feeling which follows it. It will keep robust people strong, and make strong the weak. Every morning, summer and winter, the body should be

quickly sponged all over, and then briskly dried with a coarse towel. Delicate people are apt to imagine that they would not be able to tolerate cold water in winter. Let them try, and if they find that they get in a glow after it, then they may be sure that the cold sponging has done them good. But if they feel chilly after the process, they had better use tepid water. Even friction of the body without any water at all is very beneficial. For this a flesh-brush may be used. Women should know that the taking of a coarse dry towel at either end and working it to and fro up and down the spine for a few minutes of a morning is excellent for nervousness.

Of course judicious exercise should not be neglected. We say "judicious exercise" advisedly, for exercise which tires is not judicious. It is for this reason that athletes don't, as a rule, live long. All exercise should be graduated according to one's strength. Bicycle and other "scorchers" are qualifying themselves for a decrepit old age, if they ever reach it, and there is some satisfaction in knowing this, they are such a confounded nuisance at present.

As Sir James Sawyer says, "watch the three D's—drinking water, damp, and drains." The doctor ought to have been even more alliterative and have added "draughts." Draughts remind us of the poet's line, "What great events from little causes spring!" for a draught has many a time been the exciting cause of consumption and pneumonia. Which reminds us, again, that there is one kind of draught which is very often not sufficiently guarded against—the draught that gets in under the bedroom door. This is apt to play on your bare feet when you get up in the morning, and anything, from a slight cold to inflammation of the lungs, may be the result. For which reason always have a thick mat at your bedroom door, so that a draught can't get under it. Mem.—Don't stand with your bare feet on cold oilcloth. Indeed, oilcloth is a mistake in a house. Linoleum is much better, because warmer.

Finally, be sure your rooms are well ventilated, and allow the sunshine to get into them when there is any. And keep your bowels in good order (a motion at least every twenty-four hours, remember) and your head cool. Take plenty of sleep, if you feel you need it, and always sleep on your right

side; but when you feel you've had sufficient sleep, get up, for second sleeps are vitiating—as, also, by-the-way, are feather beds. If you drink and smoke, do so in moderation; but don't think you can keep the cold out by means of ardent spirits. These render one more liable to chills by opening the pores of the skin. See the "Warning" below. Beware of east and north-east winds. Stay indoors while they rage, unless you are compelled to go out, when be sure to breathe through your nostrils instead of your mouth. Indeed, always breathe through the former, and teach your children to do ditto. Note, also, that when you come out of the cold into a warm room, you should not coddle the fire, but keep away from it for a time. Let your body become heated gradually. Of course, if you're clothes are wet, change them immediately. Never dry them on your body.

If the above hints are followed, a great deal will have been done towards rendering innocuous the Influenza poison, whatever may be its precise character; while, if you *are* stricken down by it, you will, thanks to the care you have taken of your health, be far more likely to pull through.

WARNING.

A "well-known doctor, a leading authority on physiological conditions," was recently interviewed by the reporter of a London newspaper as to the best way to prevent colds, and, amongst other things, the doctor said this—so forcibly said it that his words are worth quoting in full, especially as they shatter an ill-founded but very prevalent belief:—

> "Above all, let me warn men and women against the fatal tendency to drink hot whiskies and sips of brandy to 'keep the cold out.' More graves have been filled with pneumonia victims through this practice of taking alcoholic liquors at intervals throughout the day to banish cold than can ever be counted. The 'little' nip does not keep the cold out, but invites it in. The heat diffused through the body by whisky radiates so that it is quickly expended, and then comes the ghastly chill that drives the drinker to seek further spirituous comfort. Under the influence of that chill, when the fires of the body are out, pneumonia, grip, catarrh strike in and claim their own.
>
> "In winter weather, to drink spirits and then go out into an intensely cold atmosphere is practically suicide."

REMEDIES AND PRESCRIPTIONS.

ALPHABETICALLY ARRANGED.

ACETATE OF AMMONIA.

All preparations of Ammonia are serviceable in the EARLY STAGE of INFLUENZA. Various prescriptions containing this substance in one form or other will be found in the present Handbook; but Drs. Stillé and Maish, the eminent American authorities on drugs, tell us, in their ponderous tome, the *National Dispensatory*, that the Solution of the Acetate of Ammonia is the best diaphoretic or perspiration-producer. The *dose* of this is 1 tablespoonful every three or four hours, in sweetened water.

The word Acetate denotes that the Ammonia is prepared with acetic acid (the pure acid of vinegar), which is excellent to allay inflammation. Altogether, a good remedy, obviously.

ACONITE.

Aconite in some instances has been of service in the ACUTE STAGE of INFLUENZA. Indeed, seeing that, in other ailments —bronchitis and consumption, for instance—it is so useful in controlling inflammation and hence arresting fever, one would have thought it would be one of the best possible remedies in "la grippe." It does not seem to be, however, according to the majority of doctors. Still, as all drugging, in acute Influenza, is an experiment, it may be tried, especially as it will do good speedily, if at all. The prescription is:—

Tincture of Aconite	15 drops.
Water to	2 ozs.

Mix.

Dose: 1 teaspoonful every 10 minutes for the first hour, and afterwards hourly for six or eight hours.

The above prescription represents 1 drop of the Tincture to each dose, and don't exceed it. Tabloids containing this dose are sold by chemists, and these may be taken instead. Indeed, they are safer and more convenient.

NOTE that Aconite ought to be especially useful if DIARRHŒA is present.

AMMONIA, SQUILL, AND CAMPHOR MIXTURE.

This is a useful Mixture for GENERAL USE in INFLUENZA; it is stimulating, and will ease and SOOTHE the COUGH if this is troublesome. The prescription is:—

Carbonate of Ammonia	1 drachm.
Tincture of Squill	3 drachms.
Compound Camphor Tincture	½ oz.
Infusion of Seneca to	6 ozs.

Mix.

Dose: 1 teaspoonful every four hours.

NOTE that this Mixture—which, as will be seen, is very similar to "An Excellent Tonic" (*which see*)—should not be given to children because of the opium in the Compound Camphor Tincture.

AN EXCELLENT TONIC.

INFLUENZA always leaves behind more or less weakness—a weakness which may develop into some serious disease if allowed to continue. For this reason, everything should be done to strengthen the system after an attack, and hence Tonics are most useful. The following TONIC is one of the best possible; it will not only enable the convalescent to pick up his strength, but, thanks to the Syrup of Tolu, will also EASE the COUGH, if any remains:—

Syrup of Tolu	½ oz.
Ammoniacum Mixture	2 ozs.
Compound Tincture of Camphor	3 drachms.
Water to	6 ozs.

Mix.

Dose: 1 tablespoonful three times a day, between meals.

The above Mixture, by-the-way, contains opium, but in such a small quantity that the drug acts, on adults, as a stimulant instead of a narcotic or sleep-producer. As it does contain opium, however—this is in the Compound Tincture of Camphor—it should not be given to children, who are very susceptible to it. Remember, mothers, that, in cases of coughs and colds, narcotics should never be given to the little ones.

ANTIPYRIN.

This is a very popular drug in the treatment of INFLUENZA in its ACUTE STAGE, and certainly it is very often a most serviceable one. In character, it is a powder somewhat akin to potash, but not so innocent (*see "Bicarbonate of Potash"*). It is very frequently prescribed to SUBDUE the FEVER and RELIEVE the HEADACHE, and, as a rule, acts effectually when it agrees with the taker. We say when it agrees because drugs do not act on all individuals alike. If they did, the doctor's calling would be a comparatively easy one.

The *dose* of Antipyrin is 10 grains, in milk or water, every four hours; or two tabloids of 5 grains each (obtainable from chemists) may be taken instead. If found to do good, it should be continued until the fever has quite disappeared, but the doses may be gradually reduced.

NOTE that Antipyrin, if used too freely, may cause loss of memory and deafness, as well as injuriously affect the kidneys. We mention this because many people are nearly always taking this drug for headache, neuralgia, and what not.

BICARBONATE OF POTASH.

Many doctors have a high opinion of this simple drug in cases of INFLUENZA; indeed, they declare that they have cured the ailment by means of it alone. It should be taken on the OUTBREAK OF AN ATTACK every three or four hours, in milk or water. The *dose* is 30 grains. In these frequent doses, it diminishes the fever, and brings about a speedy cure, we are told; and there is no reason why this should not be so, seeing that Potash is so useful in fevers in general. (*See*, for instance, *"Cooling Draught for Children"*).

This, in short, is one of the remedies which should be tried, especially as simple remedies are frequently far more efficacious than complicated ones. If any RHEUMATISM be present, it will also do good.

BROMIDE OF SODA.

Bromide of Soda is a safe and an efficient sedative. Therefore it is very useful in cases of INFLUENZA where there is much RESTLESSNESS. The *dose* is 15 grains in a tumblerful of water three times a day, after meals, the last dose being taken at bedtime.

Tabloids containing 5 grains of the Soda are sold by chemists, and this is the most convenient form in which to take this drug. Wash three of them down as a dose with a glassful of water.

CALOMEL PILL.

It is a good plan to begin the treatment of INFLUENZA with a mild PURGE. With this object, the following Pill is recommended, as it acts on the liver, which is probably out of order:—

Calomel	3 grains.
Extract of Henbane	q. s.

To make 1 pill.

Take at bedtime.

If this Pill does not sufficiently open the bowels—and, understand, violent purging should be avoided—then a dose or two of the Epsom Salt and Magnesia Mixture (*which see*) may be taken in the morning.

CAPSICUM INFUSION.

A very valuable infusion for the PAINS which accompany, and which are often more severe after, an attack of INFLUENZA is prepared by soaking a couple of handfuls of crushed Capsicum Pods in a pint of boiling water for three or four hours. This infusion may be frequently applied to the parts without fear of it raising blisters. It should be dabbed gently on by means of a linen rag and then gently rubbed in with the finger.

CHLORODYNE, SQUILL, AND IPEC. WINE MIXTURE.

These drugs, mixed with Glycerine, form an excellent remedy for the COUGH which so often remains AFTER an attack of INFLUENZA. The prescription is:—

Chlorodyne (Dr. Collis Browne's)	1 drachm.
Syrup of Squill	1 ,,
Ipecacuanha Wine	1 ,,
Glycerine to	2 ozs.

Mix.

Dose: 1 teaspoonful three times a day.

COMPOUND TINCTURE OF CINCHONA.

As a TONIC AFTER INFLUENZA, Compound Tincture of Cinchona is most valuable. The *dose* is 1 teaspoonful—that is, a drachm—thrice daily, in water, half-an-hour before meals.

Cinchona is Peruvian bark, from which quinine is obtained, and at one time the penalty for selling it was—death! But that was, in a great measure, because it was first introduced into Europe by a woman—the Countess of Cinchon, the wife of the then (about 1640) Viceroy of Peru. Happily, doctors are less bigoted now.

By-the-way, get the Tincture fresh, for it deteriorates by keeping.

COOLING DRAUGHT FOR CHILDREN.

This is a capital COOLING DRINK for CHILDREN suffering from INFLUENZA:—

Nitrate of Potash	20 grains.
Barley Water	1 pint.

Mix.

The above may be drunk by the little sufferer in the course of the twenty-four hours; but NOTE that, if the child is very young, 10 grains of Nitrate of Potash to the pint of Barley Water will be sufficient.

NOTE, too, that this is an excellent drink for ADULTS. The late Dr. Parkes, a great authority on Influenza—as great an authority, that is, as anyone can be while the disease is so mysterious—used to recommend that 20 grains of Nitrate of Potash be mixed with a pint of plain Water, and Lemon Juice and Sugar added; but as Barley Water is nourishing, the best thing to do would be to mix the Lemon Juice and Sugar with *that*.

CUBEBS AND LINSEED TEA MIXTURE.

Dr. Ringer says that half-drachm or drachm doses of Tincture of Cubebs in half-a-tumbler of Linseed Tea, thrice daily, is very useful in the COUGH following upon INFLUENZA. Indeed, it often, he says, cures the cough "like a charm."

Cubebs is a species of Java pepper, and is very stimulating. By-the-way, in making Linseed Tea, the brown seed should always be used. (*See "Linseed Jelly"*).

DELICIOUS DRINK.

Some years ago, that very able physician, Dr. Robson Roose, invented a DRINK for dyspeptics which, it seems to us, would be excellent FOR INVALIDS recovering or suffering from INFLUENZA. Said drink was referred to at the time by the *Pall Mall Gazette* in these mouth-watering terms:—

> "It supersedes the very thin and somewhat lowering drink, soda and milk. Cream—what the Devonshire people call raw cream—is substituted for the milk. The result is a frothing cup which is actually warming on a cold day. The froth is delicious. It is *la crême de la crême*. The mere wine-bibber who discusses the body and the bouquet of a wine knows nothing of the delights of finding a non-intoxicant with a real body in it. Those who try it will find that cream and soda, if the cream is fresh and the soda sound, is quite as good as the finest champagne."

Convalescents who can afford it will doubtless be unable to restrain themselves from giving this foaming nectar a trial.

DIARRHŒA MIXTURES.

Where INFLUENZA is accompanied with DIARRHŒA, as it occasionally is, this must, of course, be stopped, if it continues, as it is so very weakening. The following Mixture will, probably, effect this object:—

Acetate of Lead	20 grains.
Dilute Acetic Acid	2 drachms.
Cinnamon Water to	4 ozs.

Mix.

Dose: 2 tablespoonsful. Repeat, if necessary, in four hours.

If the above Mixture is not successful—and sometimes one remedy is effectual, sometimes another—then this Mixture may be tried, *provided* there is not very much cough:—

Dilute Sulphuric Acid	1 drachm.
Tincture of Opium	½ ,,
Spirit of Chloroform	¾ ,,
Water to	4 ozs.

Mix.

Dose: 2 tablespoonsful. Repeat, if necessary, in four hours.

NOTE, however, that it is not advisable to stop the diarrhœa very suddenly, as this is doubtless an effort on the part of nature to get rid of the poison in the system—as is shown by the fact that a violent diarrhœa frequently precedes the end of an attack of Influenza.

EFFERVESCING MIXTURE.

Carbonate of Ammonia combined simply with Citric Acid, to cause effervescence, is often effective in the EARLY STAGE of INFLUENZA, especially if the lungs or bronchial tubes are implicated. Not only is this Mixture invigorating, but, unless the case is a very severe one, it relaxes the pores of the skin, and so alleviates the fever. Moreover, it has the great advantage that it is pleasant to take. The prescription is:—

Carbonate of Ammonia ..... 2 drachms.
Water to ..... 8 ozs.
Mix.

Dose: 2 tablespoonsful every four hours combined with 1 tablespoonful of the following:—

Citric Acid ..... 136 grains.
Water to ..... 4 ozs.
Mix.

Citric Acid is, of course, obtained from lemons and suchlike, and hence is good for the lungs.

If NAUSEA or VOMITING be present, this Effervescing Mixture will probably allay it.

EMBROCATIONS.

For the COUGH and CHEST PAINS in INFLUENZA, Embrocations are most useful, especially as they do not interfere with any internal medicine which may have to be taken. The following mixture of this kind is one of the best, and may be rubbed into the chest of either YOUNG or OLD:—

Olive Oil ..... 8 ozs.
Oil of Amber ..... 4 ,,
Oil of Cloves sufficient to scent strongly.

A second very excellent Embrocation consists of:—

Compound Camphor Liniment ..... 1½ ozs.
Compound Soap Liniment ..... 1½ ,,
Tincture of Opium ..... 2 drachms.

Label "For outward application only," and *don't* use it for children.

A third valuable Embrocation, suitable for ALL AGES, is:—

Spirit of Hartshorn	1 oz.
Olive Oil	2 ,,

Mix, and shake till the ingredients unite.

EPSOM SALT AND MAGNESIA MIXTURE.

This is a useful Aperient Mixture for helping on the action of the Calomel Pill (*which see*). It should be taken in the morning, the Calomel Pill having been taken overnight. The two together generally bring away copious dark-coloured motions, showing—so some doctors say, but others dispute it—that the bile is excessive; after which the sufferer feels much better in spirits, and the fever abates. The prescription is:—

Epsom Salt	1½ oz.
Carbonate of Magnesia	1 drachm.
Peppermint Water to	8 ozs.

Mix.

Dose: 2 tablespoonsful—that is, 1 ounce

ETHER, IRON, IPECACUANHA WINE, AND OPIUM.

This is another Mixture which has frequently been found serviceable in the ACUTE STAGE of INFLUENZA. The prescription is:—

Spirit of Nitrous Ether	½ oz.
Strong Liquor of the Perchloride of Iron	½ drachm.
Ipecacuanha Wine	1 ,,
Tincture of Opium	20 drops.
Glycerine	½ oz.
Water to	6 ozs.

Mix.

Dose: 1 teaspoonful every two hours.

NOTE that the Tincture of Opium had better be left out if there is much cough or lung irritation.

GELSEMIUM.

This drug, which is obtained from the root of an American climbing plant, is efficacious in fevers, and therefore may do good in the EARLY STAGE of INFLUENZA. The prescription is:—

Tincture of Gelsemium	2 drachms.
Water to	8 ozs.

Mix.

Dose: 2 tablespoonsful every four hours.

NOTE that this drug may cause dimness of vision and giddiness. If it does, reduce the dose by one-third, or prolong the intervals between taking it. Don't take it with any other substance.

GENTIAN AND ACID MIXTURE.

AS a TONIC AFTER an attack of INFLUENZA, this is a most valuable Mixture. It is of especial service when the APPETITE is POOR. The prescription is:—

Dilute Hydrochloric Acid	2 drachms.
Dilute Hydrocyanic Acid	16 drops.
Compound Infusion of Gentian to	8 ozs.

Mix.

Dose: 2 tablespoonsful three times a day an hour before meals.

INHALATIONS.

Each of the following Inhalations is most efficient in the COUGH left after INFLUENZA; and any one of them may be used with advantage during an attack of the disease:—

Dried Carbonate of Soda.....	20 grains.
Juice of Conium	2 drachms.

Dissolve the above in one pint of hot water poured into a quart jug, and, holding the mouth over this, inhale the steam two or three times daily. Draw it well in.

A second prescription is:—

Oil of Eucalyptus	20 drops.
Light Carbonate of Magnesia	10 grains.
Water to	1 oz.

Mix.

Add a teaspoonful of this Mixture to a pint of hot water, and follow the directions given above.

A third prescription consists of:—

Oil of Hops	½ drachm.
Heavy Carbonate of Magnesia	1 ,,
Water to.....	3 ozs.

Mix.

Add a teaspoonful of the above to a pint of hot water.

IODIDE OF POTASH AND COLUMBA MIXTURE.

This is a good Mixture for the SEVERE GENERAL PAINS so often present in INFLUENZA, especially if these proceed from RHEUMATISM:—

Iodide of Potash ..... 2 drachms.
Columba to ..... 6 ozs.
Mix.

Dose: 1 dessertspoonful—that is, 2 drachms—three times daily, between meals.

Sometimes the pains are so excruciating that opium or an injection of morphine is necessary; but such treatment is one for a doctor to carry out.

IPECACUANHA, SQUILL, AND NITRE MIXTURE.

When, in INFLUENZA, the COUGH is TROUBLESOME and the BREATHING LABORIOUS, the following Mixture will afford ease:—

Ipecacuanha, in powder ..... 4 grains.
Oxymel of Squill ..... 2 drachms.
Sweet Spirit of Nitre ..... 1 drachm.
Spearmint Water..... 2½ ozs.
Syrup of Orange-Peel ..... 1½ drachms.
Mix.

Dose: 1 tablespoonful four or five times in the twenty-four hours.

IPECACUANHA WINE, HYOSCYAMUS, AND AMMONIA.

The great object, in the ACUTE STAGE of INFLUENZA, is to promote free skin action, and so REDUCE the FEVER. This is achieved by taking the following Mixture:—

Ipecacuanha Wine ..... 5 drops.
Tincture of Hyoscyamus ..... ½ drachm.
Liquor of the Acetate of Ammonia ..... 1 ,,
Syrup..... 1 ,,
Water ..... ½ oz.
Mix.

The above represents 1 *dose*, which may be repeated every two or three hours until the fever is allayed.

BEAR IN MIND that after taking any diaphoretic (perspiration-producer), cold should be carefully guarded against.

IRON, QUININE, AND AMMONIA MIXTURE.

This is another good TONIC for use AFTER an attack of INFLUENZA. The prescription is:—

Citrate of Iron and Quinine ..... 1½ drachms.
Carbonate of Ammonia ..... 2 ,,
Tincture of Orange-Peel ..... 2 ozs.
Water to ..... 6 ,,
Mix.

Dose: 1 tablespoonful three times daily, before meals.

LINSEED JELLY.

For the COUGH which is often so troublesome after an attack of INFLUENZA, the following Mixture is valuable, besides being strengthening to the lungs. Prepare it thus:—

Simmer half-a-pound of *brown* linseed in three pints of water for two hours, and then squeeze through muslin. When cold, the liquid will form a jelly.

Take a breakfastcupful of this occasionally, after adding the juice of a lemon and sweetening and flavouring to taste. Probably, there is nothing better for the lungs than lemon juice. People far gone in consumption have been kept alive by it.

OLD-FASHIONED COUGH MIXTURE.

This is an admirable cough mixture, old-fashioned though it is. For all recent coughs it is excellent, including the COUGH AFTER INFLUENZA. Dr. Graham, in his "Domestic Medicine," said, some seventy years ago, that it was the best cough mixture of his time, and it is as good to-day as it was then. "On account of its pleasant taste," it is, as the doctor says, "particularly eligible in the coughs of CHILDREN and INFANTS, of every description." The ingredients are:—

Honey	5 ozs.
Treacle	¼ lb.
Best Vinegar	7 ozs.

Mix the above and simmer in an earthern vessel over the fire for fifteen minutes; then remove, and, when the Mixture has become lukewarm, add

Ipecacuanha Wine	2 drachms.

The *dose* for an *adult* is a tablespoonful (4 drachms) every four hours; for a *child* of 7, a dessertspoonful (2 drachms); and for a child of 3, a teaspoonful (1 drachm).

PHENACETIN AND SALOPHEN.

These are two of the most recent Influenza remedies, and are much prescribed. They allay the fever and relieve the headache in the ACUTE STAGES.

The *dose* of Phenacetin is 10 grains in water or milk every four hours. The *dose* of Salophen—which, as its name implies, is a combination of Phenacetin and Salol (*see*)—is 8 grains every four hours, either in water or milk.

Some doctors think more highly of Salophen than of Antipyrin (*which see*).

PHOSPHORUS.

As a nerve-tonic, Phosphorus holds a high place, and seeing that INFLUENZA is more or less a nerve disease, this substance ought to be valuable as a PROTECTIVE, at anyrate.

Nervous subjects, indeed, would do well to brace themselves up by means of some preparation of Phosphorus. What is called the "Elixoid" is the one most pleasant to take. The *dose* of this is 1 teaspoonful in a little water, every three or four hours, before meals. The good effect may be speedy or somewhat slow, but it will come.

QUININE.

Quinine has sometimes been found serviceable in the EARLY STAGE of INFLUENZA. Like all other drugs, sometimes it succeeds, and sometimes it doesn't. The Ammoniated Tincture of Quinine has, according to medical men, been found the most useful preparation in the present ailment, the *dose* of which is 1 teaspoonful in a wineglassful of water every four hours. This will stimulate, and may arrest the fever. If not, Salicylate of Quinine may be tried. *Dose*, 6 grains in milk or water thrice daily, between meals.

Of course Quinine is of great efficacy as a tonic after an attack of Influenza, but it is best combined with other drugs. (*See*, for instance, "*Iron, Quinine, and Ammonia Mixture*").

SALICIN.

This drug, which is obtained from the bark of the willow tree, has, like Antipyrin (*which see*), a good reputation in the ACUTE STAGE of INFLUENZA. Dr. T. I. Maclagan, who introduced it into medicine some years ago, effected many cures by means of it, and many cures have been effected by other doctors with the same substance. One of its great merits is that it is often a very quick remedy; indeed, if it is going to do any good at all, it usually cures in from 48 to 60 hours. The *dose* is 10 grains, in milk or water, every two or three hours. Some doctors prescribe much larger doses, but the 10-grain doses ought to suffice. Besides, large doses are apt to set up singing in the ears.

Dr. Maclagan recommends the continuance of Salicin for a week or two after the fever has disappeared, to prevent a relapse. He says it acts as a germ-killer when it gets into the blood.

NOTE that both Salicin and Salicylate of Soda (*which see*) are said to be especially useful in cases of Influenza presenting RHEUMATIC SYMPTOMS.

SALICYLATE OF SODA.

This drug, as its name implies, is a preparation containing Salicin (*which see*), and some doctors are of opinion that it is more efficacious than the Salicin in its simple form. Its virtues are very similar. It is an antipyretic (that is, a remedy for fevers), for which reason it is very often prescribed in the EARLY STAGE of INFLUENZA.

The *dose* of Salicylate of Soda is 15 grains in milk or water, every four hours for 48 hours. If it does not bring about an improvement within that time, give it up; if it does bring about an improvement, continue it in smaller doses, but stop it if it causes a headache.

The fact is, this preparation, like Salicin itself, as well as Salol and Antipyrin (*see*), are one and all on their trial, for they are one and all comparatively new and closely-allied medicaments. At present, medical men agree to differ as to which of them is the most useful. Dr. Brown says that Salicin is; Dr. Jones says that Salicylate of Soda is; Dr. Robinson says that Antipyrin is; while Dr. Williams is quite sure that Salol is. On the other hand, Dr. Smith—shall we say Dr. Smith?—pooh-poohs the whole lot. He has found them of little or no use in *his* practice. Naturally, doctors can only speak from their own personal experience, and one doctor's experience is worth very little. What is needed is a *general* opinion, and it takes a long while to get that. When it comes, then a drug stands or falls. It is simply another case of the survival of the fittest. Half the new-fangled drugs die out. When thoroughly tested, they are found wanting. It has always been so, and always will be so. Hence why doctors who are really worth calling doctors are so suspicious of new remedies.

SALOL.

This drug, which is a form of Salicylate of Soda (*which* (*see*), has sometimes done good in the EARLY STAGE of INFLUENZA. Some doctors prefer it to the Salicylate, but not the majority of them. It has one obvious advantage, however, over Salicylate of Soda—which is, that it is more palatable; for this reason it is better suited to Influenza sufferers when sickness or nausea is a prominent symptom.

The *dose* of Salol is 10 grains every few hours suspended in plain water or in aerated water. It may brace the nerves as well as arrest the fever.

STRENGTHENING PILL.

We have given the prescriptions of several liquid tonics. As, however, many people would prefer a TONIC in the form of a PILL, here is the formula of a most excellent one:—

Oxide of Zinc ..... 2½ grains.
Extract of Liquorice ..... q. s.
Make a pill.

Dose: 1 or 2 every night at bedtime. Order a dozen or two.

This Pill is good both for the lungs and for the digestive organs. Indeed, while recovering from an attack of Influenza, no pill is more appropriate. "Q. S.," by-the-way, means "quantity sufficient."

NOTE that Oxide of Zinc is especially valuable in NERVOUSNESS. Those, therefore, who are apt to fall victims to Influenza through fear should take this Pill as a preventive.

SYRUP OF IRON.

Of course women suffering from ANÆMIA or poorness of blood, and hence from general weakness, are especially liable to INFLUENZA. Therefore they should take Iron, and the following is a pleasant and an efficacious form in which to take it:—

Syrup of Iodide of Iron ..... ½ oz.
Syrup of Phosphate of Iron ..... 1 ,,
Water to ..... 8 ozs.
Mix.

Dose: 2 tablespoonsful thrice a day, after meals.

TONIC FOR CHILDREN.

For CHILDREN RECOVERING FROM INFLUENZA, the following TONIC is most excellent:—

Aromatic Sulphuric Acid	½ drachm.
Compound Infusion of Orange	6 drachms.
Compound Tincture of Bark.....	1½ ,,
Infusion of Yellow Bark to	6 ozs.

Mix, and sweeten with Saccharine.

Dose: 1 teaspoonful two or three times a day, between meals.

In these days of arsenical adulteration, lump sugar had better, perhaps, be substituted for the Saccharine—a sweet substance which *may* contain arsenic.

ZINC AND QUASSIA MIXTURE.

Naturally, women suffering from NERVOUSNESS are very likely to fall victims to INFLUENZA. During an epidemic, they should try not to worry, and also take the following Mixture, which is a splendid nerve-tonic:—

Sulphate of Zinc	3 grains.
Infusion of Quassia	4 ozs.
Tincture of Columba	½ oz.

Mix.

Dose: 2 tablespoonsful three times a day, before meals.

Many people, be it noted, can take Quassia who cannot take quinine; and, as a tonic, it is quite as efficacious.

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Royal Irish Fusiliers, Cork,
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Gratefully yours.
G. SMITH,
"Band," R.I.F.

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